

Portion Size Guidelines

Below are ways you can picture a serving or portion size using everyday objects.
(Note: hands and finger sizes vary from person to person! These are **GUIDES** only).

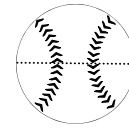
Food Portion

Looks Like

Grains, Beans, and Starchy

Vegetables Group

½ cup cooked rice or pasta	half of a baseball
½ cup cooked dry beans, lentils, or peas	cupcake wrapper full
½ cup potatoes, corn, green peas	level ice cream scoop
corn on the cob	4-inch corn cob



Vegetable

1 cup green salad	baseball or a fist
¾ cup tomato juice.....	small styrofoam cup
½ cup cooked broccoli	half baseball or light bulb
½ cup serving	6 asparagus spears, 7 or 8 baby carrots



Fruit

½ cup of fresh fruit	custard cup
1 medium size fruit.....	fist or baseball
¼ cup raisins.....	large egg



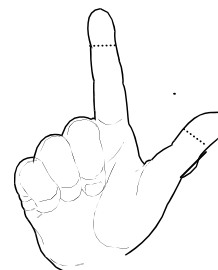
The Meat and Protein Foods

3 ounces cooked meat, fish, poultry	deck of cards
3 ounces cooked chicken.....	leg plus thigh or ½ whole breast
1 ounce of cheese	4 stacked dice
2 tablespoons peanut butter	ping-pong ball
1 teaspoon peanut butter	fingertip
1 tablespoon peanut butter	thumb tip



Fats, Oils and Nuts

1 teaspoon butter, margarine	fingertip
2 tablespoons salad dressing	ping-pong ball



Did you to know that...

- **1 cupped hand** holds 2 tablespoons of liquid.
- 1 slice of bread is one ounce or 1 serving;
some rolls or bagels weigh 3 to 5 ounces or more
making them equal to 3 to 5 servings of bread



For copies or more information regarding this document, please contact the Missouri Diabetes Prevention and Control Program at 1-800-316-0935.

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